



Men's & Women's Outdoor Track & Field

May 11-13
Erie Community College; Orchard Park N.Y.

Men's Team Results

| Finish | College State | Points |
|--------|--|--------|
| 1 | College of DuPage Ill. | 151.0 |
| 2 | William Rainey Harper College | 113.5 |
| 3 | Mohawk Valley Community College | 77.0 |
| 4 | SUNY-Delhi N.Y. | 76.0 |
| 5 | Alfred State College N.Y. | 72.0 |
| 6 | Community College of Rhode Island | 61.5 |
| 7 | Gloucester County Community College N.J. | 52.0 |
| 8 | Howard Community College Md. | 34.0 |
| 9 | SUNY-Cobleskill N.Y. | 27.0 |
| 10 | Erie Community College N.Y. | 25.0 |

Men's Individual Results

100-Meter Dash

| Pl. Name | Yr. | College | Time |
|---------------------|-----|--------------|-------|
| 1. Michael Spillone | Fr. | DuPage | 11.07 |
| 2. Eric Hoogveld | Fr. | DuPage | 11.13 |
| 3. Jamie Wilson | Fr. | Kingsborough | 11.17 |

200-Meter Dash

| | | | |
|---------------------|-----|--------------|-------|
| 1. Jamie Wilson | Fr. | Kingsborough | 22.14 |
| 2. Michael Spillone | Fr. | DuPage | 22.42 |
| 3. Eric Hoogveld | Fr. | DuPage | 22.58 |

400-Meter Dash

| | | | |
|-------------------|-----|----------------|-------|
| 1. James Mwangi | Fr. | Northern Essex | 49.16 |
| 2. Kenny Wilson | So. | Alfred State | 49.27 |
| 3. Merlon Pinnock | So. | Dutchess | 50.19 |

800-Meter Run

| | | | |
|---------------------|-----|---------------|---------|
| 1. Javier Rios | So. | Howard CC | 1:55.01 |
| 2. Joe Zangara | Fr. | Erie | 1:56.40 |
| 3. Joshua Cleveland | Fr. | Mohawk Valley | 1:58.14 |

1,500-Meter Run

| | | | |
|----------------|-----|------------|---------|
| 1. Ben Jackson | Fr. | SUNY-Delhi | 4:05.25 |
| 2. John Fry | Fr. | DuPage | 4:05.41 |
| 3. Phil Diven | So. | Howard | 4:06.84 |

5,000-Meter Run

| | | | |
|------------------|-----|---------------|----------|
| 1. John Fry | Fr. | DuPage | 15:42.31 |
| 2. Aaron Sirloli | Fr. | Mohawk Valley | 15:51.66 |
| 3. Phil Diven | So. | Howard | 16:03.10 |

10,000-Meter Run

| | | | |
|----------------------|-----|-----------------|----------|
| 1. John Fry | Fr. | DuPage | 32:48.89 |
| 2. Craig Levens | Fr. | Suny Cobleskill | 33:25.29 |
| 3. Lukas Aeschlimann | Fr. | Mohawk Valley | 33:39.18 |

110-Meter Hurdles

| | | | |
|-------------------|-----|------------|-------|
| 1. Marcus Norment | Fr. | DuPage | 14.58 |
| 2. Mark Unciano | So. | DuPage | 14.68 |
| 3. Adam Wilson | So. | SUNY-Delhi | 14.69 |

400-Meter Hurdles

| | | | |
|------------------|-----|------------------|-------|
| 1. Desir Michael | Fr. | SUNY-Morrisville | 54.43 |
| 2. Wilson Adam | So. | SUNY-Delhi | 54.47 |
| 3. Kwintal Peter | So. | DuPage | 55.46 |

3,000-Meter Steeplechase

| | | | |
|----------------------|-----|---------------|---------|
| 1. Aaron Sirloli | Fr. | Mohawk Valley | 9:44.13 |
| 2. Lukas Aeschlimann | Fr. | Mohawk Valley | 9:48.88 |
| 3. Ryan Williams | So. | Howard | 9:55.11 |

4x100-Meter Relay

| | |
|------------------------------------|-------------------------|
| 1. College of DuPage | 41.85 |
| 1) Mark Unciano So. | 2) Eric Hoogveld Fr. |
| 3) Brian Gaddis So. | 4) Michael Spillone Fr. |
| 2. Suny Morrisville College of A&E | 42.47 |
| 3. Herkimer | 43.91 |

4x400-Meter Relay

| | |
|-------------------------|------------------------|
| 1. Alfred State College | 3:24.96 |
| 1) Kenny Wilson So. | 2) Justin Dittiger Fr. |
| 3) Keith Dziak Fr. | 4) Camron Seamon Fr. |
| 2. College of DuPage | 3:25.59 |
| 3. SUNY-Delhi | 3:27.57 |

4x800-Meter Relay

| | |
|----------------------------------|----------------------|
| 1. William Rainey Harper College | 7:59.72 |
| 1) Patrick Walsh Fr. | 2) Dave Zick Fr. |
| 3) Ryan Herlihy So. | 4) Mike Guerrero Fr. |
| 2. Erie Community College | 8:03.81 |
| 3. SUNY-Delhi | 8:12.03 |

High Jump

| | | | |
|------------------|-----|----------------|-------|
| 1. Ryan Blake | Fr. | Columbus State | 1.96m |
| 2. Jaïmaal Munir | Fr. | Rhode Island | 1.91m |
| 3. Nolan Kearns | Fr. | Alfred State | 1.91m |

Pole Vault

| | | | |
|------------------|-----|-------------------|-------|
| 1. Charlie Bales | So. | Gloucester County | 4.27m |
| 2. Dan Mura | Fr. | Middlesex | 3.76m |
| 3. Kevin Emley | Fr. | Alfred State | 3.76m |

Long Jump

| | | | |
|--------------------|-----|---------------|-------|
| 1. Kenny Johnson | So. | Alfred State | 6.55m |
| 2. Nolan Kearns | Fr. | Alfred State | 6.52m |
| 3. Ali Abdul-Matin | Fr. | Mohawk Valley | 6.50m |

Triple Jump

| | | | |
|------------------|-----|--------------|--------|
| 1. Jordan Breaux | Fr. | Harper | 13.80m |
| 2. Nolan Kearns | Fr. | Alfred State | 13.73m |
| 3. Jaïmaal Munir | Fr. | Rhode Island | 13.34m |

Discus Throw

| | | | |
|-------------------|-----|-------------------|--------|
| 1. Duane Sanders | So. | Gloucester County | 46.31m |
| 2. Shawn Haughton | Fr. | Nassau | 45.71m |
| 3. Vann Osei | Fr. | Harper | 43.07m |

Hammer Throw

| | | | |
|---------------|-----|--------------|--------|
| 1. Mike Dolan | Fr. | Rhode Island | 43.46m |
| 2. Sarean Kao | So. | Rhode Island | 43.33m |
| 3. Vann Osei | Fr. | Harper | 41.18m |

Javelin Throw

| | | | |
|-------------------|-----|------------------|--------|
| 1. Ryan Herlihy | So. | Harper | 50.03m |
| 2. Jason McComsey | Fr. | Thaddeus Stevens | 49.91m |
| 3. Charlie Morris | Fr. | SUNY-Delhi | 48.52m |

Shot Put

| | | | |
|------------------|-----|-------------------|--------|
| 1. Duane Sanders | So. | Gloucester County | 15.57m |
| 2. Vann Osei | Fr. | Harper | 14.97m |
| 3. Ryan Markgraf | Fr. | Harper | 14.07m |

Decathlon

| | | | |
|-------------------|-----|---------------|------|
| 1. Chad Hedgepeth | Fr. | Mohawk Valley | 5714 |
| 2. Craig Peterson | So. | Herkimer | 5164 |
| 3. Nick Karavolos | So. | DuPage | 5046 |

Women's Team Results

| Finish | College State | Points |
|--------|---|--------|
| 1 | Mohawk Valley Community College, N.Y. | 136.0 |
| 2 | Community College of Rhode Island | 103.0 |
| 3 | William Rainey Harper College, Ill. | 78.5 |
| 4 | College of DuPage, Ill. | 75.0 |
| 5 | Erie Community College, N.Y. | 60.0 |
| 6 | Gloucester County Community College, N.J. | 54.0 |
| 7 | Herkimer County Community College, N.Y. | 53.0 |
| 8 | Alfred State College, N.Y. | 50.0 |
| 9 | Kingsborough Community College, N.Y. | 50.0 |
| 10 | SUNY-Delhi, N.Y. | 46.5 |

Women's Individual Results

100-Meter Dash

| Pl. Name | Yr. | College | Time |
|---------------------|-----|--------------|-------|
| 1. Kara Black, | Fr. | Erie | 12.42 |
| 2. Shamorna Miller, | So. | Kingsborough | 12.84 |
| 3. Kandace Ramseur, | Fr. | Howard | 12.99 |

200-Meter Dash

| | | | |
|---------------------|-----|--------------|-------|
| 1. Kara Black, | Fr. | Erie | 25.13 |
| 2. Kandace Ramseur, | Fr. | Howard | 26.01 |
| 3. Shamorna Miller, | So. | Kingsborough | 26.03 |

400-Meter Dash

| | | | |
|-----------------------|-----|---------------|---------|
| 1. Sherilyn Nicholas, | So. | Rhode Island | 58.45 |
| 2. Stacie Ann Palmer, | Fr. | SUNY-Delhi | 59.30 |
| 3. Maria Case, | Fr. | Mohawk Valley | 1:00.06 |

800-Meter Run

| | | | |
|-----------------------|-----|---------------|---------|
| 1. Triva Alleyne, | Fr. | Kingsborough | 2:28.01 |
| 2. Alyssa Jones, | Fr. | Mohawk Valley | 2:28.52 |
| 3. Sherilyn Nicholas, | So. | Rhode Island | 2:31.25 |

1,500-Meter Run

| | | | |
|-------------------|-----|---------------|---------|
| 1. Kim Povec, | Fr. | Mohawk Valley | 5:06.97 |
| 2. Triva Alleyne, | Fr. | Kingsborough | 5:10.14 |
| 3. Julie Burr, | Fr. | Mohawk Valley | 5:12.74 |

5,000-Meter Run

| | | | |
|----------------|-----|----------------|----------|
| 1. Kim Povec, | Fr. | Mohawk Valley | 19:41.42 |
| 2. Julie Burr, | Fr. | Mohawk Valley | 20:48.66 |
| 3. Laura Rudd, | So. | Northern Essex | 21:03.07 |

10,000-Meter Run

| | | | |
|--------------------|-----|----------------|----------|
| 1. Kim Povec, | Fr. | Mohawk Valley | 41:58.55 |
| 2. Laura Rudd, | So. | Northern Essex | 44:20.36 |
| 3. Cristal Flores, | So. | Harper | 44:49.51 |

100-Meter Hurdles

| | | | |
|------------------------|-----|--------------|-------|
| 1. Sunita Brathwaite, | Fr. | Middlesex | 15.24 |
| 2. Elisa Semedo, | Fr. | Rhode Island | 15.67 |
| 3. Lindsey Niedemeyer, | Fr. | Erie | 15.97 |

400-Meter Hurdles

| | | | |
|---------------------|-----|---------------|---------|
| 1. Elisa Semedo, | Fr. | Rhode Island | 1:05.89 |
| 2. Maria Case, | Fr. | Mohawk Valley | 1:06.81 |
| 3. Christa McGough, | So. | Herkimer | 1:08.07 |

3,000-Meter Steeplechase

| | | | |
|-------------------|-----|-------------------|----------|
| 1. Julie Burr, | Fr. | Mohawk Valley | 13:05.17 |
| 2. Megan Dever, | Fr. | Mohawk Valley | 13:11.06 |
| 3. Kelly Brisbin, | Fr. | Gloucester County | 13:11.48 |

4x100-Meter Relay

| | |
|------------------------------------|----------------------------|
| 1. Erie Community College | 50.04 |
| 1) Kara Black, Fr. | 2) Lisa Cosek, Fr. |
| 3) Alexcia Hawkes, So. | 4) Lindsey Niedemeyer, Fr. |
| 2. Mohawk Valley Community College | 50.82 |
| 3. SUNY-Delhi | 51.18 |

4x400-Meter Relay

| | |
|------------------------------------|---------------------------|
| 1. SUNY-Delhi | 4:10.17 |
| 1) Denise Whitehurst, Fr. | 2) Danielle Kelley, So. |
| 3) Krystal Baird, Fr. | 4) Stacie Ann Palmer, Fr. |
| 2. Mohawk Valley Community College | 4:15.52 |
| 3. Kingsborough Community College | 4:18.84 |

4x800-Meter Relay

| | |
|--------------------------------------|----------------------|
| 1. Mohawk Valley Community College | 10:17.71 |
| 1) Julie Burr, Fr. | 2) Maria Case, Fr. |
| 3) Megan Dever, Fr. | 4) Alyssa Jones, Fr. |
| 2. Suny Delhi College of Technology | 10:36.62 |
| 3. Community College of Rhode Island | 10:56.82 |

High Jump

| | | | |
|-----------------------|-----|------------|-------|
| 1. Amanda Bialkowski, | Fr. | Erie | 1.58m |
| 2. Nneamaka Ibeh, | Fr. | Middlesex | 1.58m |
| 3. Danielle Kelley, | So. | SUNY-Delhi | 1.53m |
| 3. Keeley Forner, | So. | Harper | 1.53m |

Pole Vault

| | | | |
|----------------------|-----|-----------------|-------|
| 1. Angie Corby, | Fr. | Alfred State | 2.72m |
| 2. Kaylan Ostrander, | So. | SUNY-Cobleskill | 2.57m |
| 3. Callyh Braun, | So. | DuPage | 2.57m |

Long Jump

| | | | |
|---------------------|-----|--------------|-------|
| 1. Elisa Semedo, | Fr. | Rhode Island | 5.26m |
| 2. Christa McGough, | So. | Herkimer | 5.24m |
| 3. Nneamaka Ibeh, | Fr. | Middlesex | 5.22m |

Triple Jump

| | | | |
|-------------------|-----|--------------|--------|
| 1. Nneamaka Ibeh, | Fr. | Middlesex | 11.15m |
| 2. Mary Oyekoya, | So. | Rhode Island | 10.70m |
| 3. Elisa Semedo, | Fr. | Rhode Island | 10.56m |

Discus Throw

| | | | |
|---------------------|-----|------------------|--------|
| 1. Jessica Porter, | So. | Thaddeus Stevens | 39.17m |
| 2. Kristen Sherman, | So. | DuPage | 39.06m |
| 3. Erin Vukovich, | Fr. | Harper | 38.00m |

Hammer Throw

| | | | |
|---------------------|-----|--------|--------|
| 1. Erin Vukovich, | Fr. | Harper | 45.09m |
| 2. Jessie Hayes, | Fr. | Harper | 38.70m |
| 3. Kristen Sherman, | So. | DuPage | 37.74m |

Javelin Throw

| | | | |
|----------------------|-----|--------------|--------|
| 1. Michelle McNamee, | Fr. | Rhode Island | 34.10m |
| 2. Erin Vukovich, | Fr. | Harper | 33.06m |
| 3. Jamie Brewin, | Fr. | Cumberland | 31.76m |

Shot Put

| | | | |
|---------------------|-----|--------|--------|
| 1. Erin Vukovich, | Fr. | Harper | 12.39m |
| 2. Jenny Kunawich, | Fr. | Harper | 12.31m |
| 3. Kristen Sherman, | So. | DuPage | 11.76m |

Heptathlon

| Pl. Name | Yr. | College | Points |
|-----------------------|-----|--------------|--------|
| 1. Sherilyn Nicholas, | So. | Rhode Island | 3683 |
| 2. Christa McGough, | So. | Herkimer | 3557 |
| 3. Callyh Braun, | So. | DuPage | 2896 |

2006 NJCAA Division III